



## News from the Shelby County Mayor's Office

Mark H. Luttrell, Jr., Mayor

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All news releases can be seen at [www.shelbycountyttn.gov](http://www.shelbycountyttn.gov) in the News Release Listing

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### Mayor Luttrell Hosts Healthy Shelby 5K and Festival to Promote Healthy Lifestyles

Shelby County Mayor Mark H. Luttrell, Jr., will host the Healthy Shelby 5K Run/Walk and Family Festival to raise awareness for healthy lifestyles and reduce infant mortality. The June 22<sup>nd</sup> event starts at 8 a.m. at the Visitors Center at Shelby Farms and will include a health vendor fair, inflatable water slides, face painting, spin art, and more.

**"We want our citizens to be as healthy as possible. Our first-ever 5K run/walk will encourage physical fitness and educate our citizens on the importance of maintaining their overall health,"** said Mayor Luttrell.

The event will also acquaint people with the **Healthy Shelby** initiative, a healthcare alliance that began this year to improve the health of Shelby County citizens and reduce the treatment costs of some diseases. All event proceeds will benefit Healthy Shelby's infant mortality reduction efforts.

Dr. Kenneth Robinson, chairman of Healthy Shelby, commented, **"The donation from the Mayor's 5K will accelerate Healthy Shelby's messaging campaign, encouraging safe sleep practices: putting babies to sleep on their backs rather than their stomachs, and urging parents to not let their babies sleep with them in their bed. We thank Mayor Luttrell for supporting this life-saving work!"**

Citizens may attend the festival and health vendor fair at no charge. Here are the costs to participate in the Healthy Shelby 5K Run/Walk:

	Pre-Event	Day of Event
5K Run/Walk	\$20	\$25
1 Mile Walk	\$15	\$15
5K Shelby County Employee	\$15	\$25
Spirit Runner	\$10	\$10
1 Mile Walk Shelby County Employee	\$10	\$15

For more information about the event or how your organization can partner, please go to [www.healthyshelby5kandfestival.raceonline.com](http://www.healthyshelby5kandfestival.raceonline.com) or call Jenna Stonecipher at 901-222-2013.

**Special Thanks to The MED for being a Healthcare Champion Sponsor**



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